

San Mateo and San Francisco Counties

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Quarterly News & Events **December 2019**



Farewell 2019 - Hello 2020!

As we end another year here at the UC Cooperative Extension, we wish to thank all of our local partners and supporters as we briefly mention some of our accomplishments in 2019.

The dedicated volunteers in our three community-based programs – [4-H Youth Development](#), [UC Master Gardeners](#), and [Master Food Preservers](#) – have reached thousands of adults and youth through in-person contacts in the community to share their knowledge on positive youth development, sustainable gardening and home horticulture, and food safety and home food preservation. Through presentations and hands-on educational events, in demonstration gardens and at [Elkus Ranch](#), and through locally-developed online tools, we have continued to make the current, cutting-edge academic research relevant and accessible to our local communities. Additionally, our programs have continued to successfully interconnect multiple academic disciplines to bring unique research-based information and best practices to our residents, such as our garden-based education programs with teens as teachers (the [Healthy Living Ambassadors](#) program), and our new stormwater pollution-prevention program delivered by our UC Master Gardeners in local home improvement stores.

Our three local academic advisors have continued their applied research and outreach work in nutrition and healthy living, positive youth development and experiential education, and urban forestry and water management, and have shared their contributions in academic journals as well as in practical articles, presentations to community groups, and consultations with the local professionals who rely on the Cooperative Extension academics for locally-relevant, science-based solutions to challenging technical and policy issues.

As the local link between the University of California and the community, we are

honored to have helped make our Counties a bit more sustainable, as well as healthier (and perhaps happier!), and to enrich the lives of community residents of all ages!

And we could not have done it without your help and support – it's a cooperative effort, after all 😊!

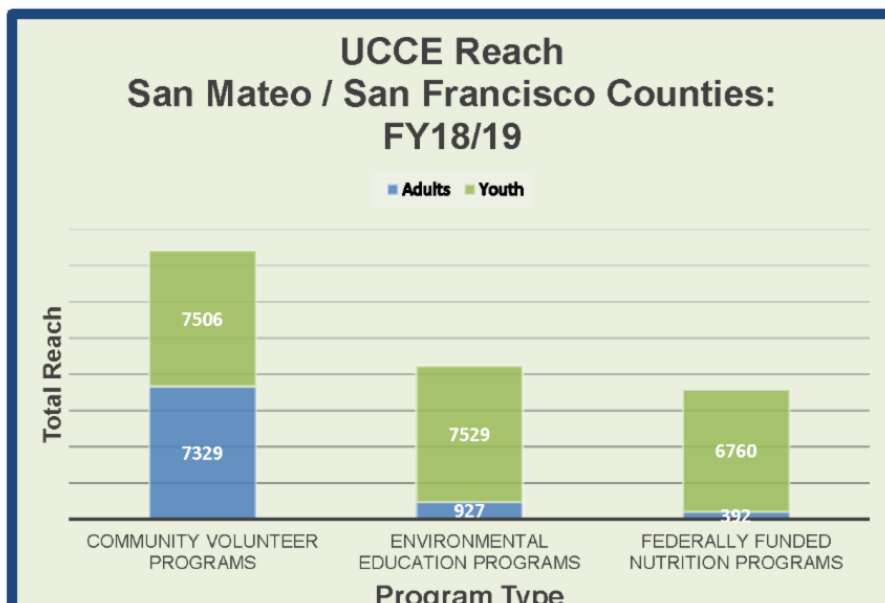
Happy Holidays, and Best Wishes for a wonderful New Year!

Thank you for your support!



Thank you to all who contributed both financially and as volunteers to our educational programs this year. We depend on your support in sustaining the work we do and appreciate your generosity!

UC Cooperative Extension: Who did we serve? 30,443 total reach in FY 18/19



PROGRAMS

EDUCATION PROGRAMS

NUTRITION PROGRAMS

Program Type

Program Happenings



Elkus Ranch Annual Report

Some highlights from this past year include:

- **6,848 students** participated in educational programs
- **912 students** received scholarships and **attended for free**
- **3 interns** completed service-learning projects

We appreciate all of our partners and supporters who helped make 2019 an impactful year! **Read more...**



State 4-H Volunteer Retreat

By Mimi Powers and Cristophi Hogan

As San Bruno's Co-Club Community Leaders, we attended the **State 4-H Volunteer Retreat** at Asilomar, CA. The theme of the retreat was "e4" which stands for 1) **Engaging**, 2) **Energizing**, 3) **Equipping**, and 4) **Empowering** volunteers.

We came back refreshed and full of new ideas to bring to our San Bruno 4-H club! **Read more...**



CalFresh Healthy Living Celebrates National Food Day

On October 24th UC CalFresh Healthy Living staff distributed tasty samples of locally grown **Jonagold**



Master Gardeners at San Francisco Sunday Streets

This summer & fall, Master Gardeners participated in 5 of **San Francisco's Sunday Streets** events.

apples to enthusiastic students at Hoover Community and John F. Kennedy Elementary Schools so they could participate in the **California Crunch** during their lunch time. Created to help celebrate **National Food Day**, the California Crunch encourages **healthy eating** and **local purchasing**.
[Read more...](#)



4-H & CalFresh HLA Fall Recap

Our 4-H and CalFresh **Healthy Living Ambassador (HLA) Program** is expanding. This year we piloted a Fall Session of our **teens as teachers program**. Beginning in October, the teens taught a one hour lesson, one day a week, for 6 weeks at John F. Kennedy Elementary in Daly City and San Mateo Park Elementary in San Mateo. [Read more...](#)

SF Sunday Streets is a series of free fun events, empowering local communities to transform 1 to 4 miles of car congested streets into **car free community space** for kids to play, seniors to stroll, organizations to connect and neighbors to meet. Master Gardeners had fun getting the word out about the program and answered LOTS of questions!
[Read more...](#)



Mark Your Calendars for Spring HLA Applications



Applications for the Spring Healthy Living Ambassador Program (HLA) will open in **January 2020**. The spring session begins March 7, 2020.

More information can be found at: <https://ucanr.edu/HLA>.

Other News / Events / Opportunities

Upcoming Events & Registration!

- **Elkus Ranch Winter Camp • JAN 2 & 3 • 9am-3pm**
- **Winter Rose Care • JAN 17 • 11am-12pm**
- **DIY Succulent Heart-Shaped Wreath Workshop • JAN 26 • 1pm-3pm**
- **Winter Fruit Tree Pruning • FEB 1 • 10am-12pm**



Conference Center Available for Group Rental

Consider the **Elkus Ranch Conference Center** for your next **corporate retreat, special training, or club meeting!** A full **commercial kitchen** is on-site and the location and price can't be beat! **More info...**



Elkus Ranch Volunteer Day

JAN 11 • 10am-1pm

Join us for our next **volunteer day** to help with **gardening** and **stall cleaning** or contact us to schedule a date for your service group or organization. **More info...**

As a certified 501(c)(3) nonprofit, **UC Cooperative Extension** is always in need of monetary and in-kind donations.

Make a Gift

Thank you for being a member of the UC Cooperative Extension community!

UC Cooperative Extension Offices San Mateo / San Francisco Counties

Main Office: (click for directions)

Located at Elkus Ranch
1500 Purisima Creek Road
Half Moon Bay, CA 94019
650-726-9059
Email: cesanmateo@ucanr.edu

Nutrition Office:

300 Piedmont Ave.,
Building B, Rm 227
San Bruno, CA 94066

Master Gardener Helpline:

650-276-9030 / mgsmsf@ucanr.edu

Mondays - 9am to 4pm

Elkus Ranch Conference Center
1500 Purisima Creek Road, HMB

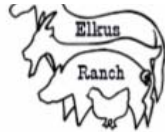
Wednesdays - 10:30am to 2pm

San Francisco Botanical Garden Library
1199 9th Ave., San Francisco

Thursdays - 9am to 4pm

Veteran's Memorial Senior Center
1455 Madison Ave., Redwood City





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UCCE San Mateo / San Francisco | 1500 Purisima Creek Road, Half Moon Bay, CA 94019

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